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In 3 Hh
Housekeepers' Chat

Friday, October 19, 1928.

NOT FOR PUBLICATION

Subject: Breakfasts for Children. Breakfast menus and recipe for Apple Chutney from Bureau of Home Economics, U.S.D.A. Advice about collars from "Collars and Necklines," by Edith G. Van Deusen, University of Missouri College of Agriculture.

Bulletins available: Good Proportions in the Diet; Meal Planning for the Junior Homemaker.

--ooOoo--

If I had as much money as I could spend--I know what I'd buy a certain curly haired little girl for Christmas. An egg cup. The most adorable piece of extravagance I've seen for many a day. This little china egg cup and saucer is decorated with fluffy yellow chicks. On two opposite sides of the saucer are tiny grooves, into which fit small wooden salt and pepper shakers. The salt and pepper shakers are egg-shaped, handpainted, and about the size of a robin's egg.

Practical? Who said it was practical? I was merely remarking, that if I had lots of money, I know for whom I'd buy this dainty little egg cup. But then, I suppose I ought to be sensible, and get her a warm winter dress, or a pair of shoes.

Don't you sometimes wish you could take a pocketful of money to town, and buy only the most frivolous things? Like beaded bags, and filmy, hand-painted scarfs, and rhinestone buckles for your party slippers, and---Goodness! I hope no efficiency experts are listening to me!

Let's get down to business, and write the breakfast suggestions which the Menu Specialist has sent us. They were planned with the children in mind, but they will be just as good for you and me, as for Johnnie and Mary. The only difference being that you and I, not knowing any better, will probably drink coffee, while Johnnie and Mary, being properly brought up, will drink milk.

All ready, let's write the four breakfast menus:

Number 1--Baked Apple; Coddled Eggs; Toasted Whole Wheat Bread; and Beverage.

Number 2--Orange Juice; Cooked Cereal and Top Milk; Toasted Rolls; and a Beverage.

Number 3--Sliced Ripe Bananas with Lemon Juice; Scrambled Eggs; Biscuits; and a Beverage.

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Number 4--Fresh Pears; Spoon Bread with Bacon; and a you-know-what. (I'm tired of saying "beverage.")

Now, if you'll glance at these four menus, you'll see that fruit, fresh or cooked, is included in every one. Fruit stimulates the appetite, and makes one enjoy the rest of the meal. Fruit supplies necessary vitamins and minerals, too. This fall we can serve our home-canned fruits; such dried fruits as prunes, peaches, apricots, and figs; and such fresh fruits as grapes, pears, apples, oranges, bananas, and grapefruit. A tart, fresh applesauce is good for breakfast. Something else that's tasty is a combination of stewed apricots and prunes--"prunecots," we call it. It isn't difficult to get variety in fruits for breakfast.

Variety may be found in breakfast cereals, too. A hot dish of oatmeal and milk is a favorite with most children. Oatmeal is a very tasty food, when properly salted. Some people do not salt their cereals enough, and the result is a flat, insipid dish. To give variety to breakfast cereals, one may add a few raisins, figs, or dates, or serve them with sliced bananas, peaches, and so forth.

Rice, properly cooked, is a tempting breakfast food, served with cream and sugar, or with butter and brown sugar. Don't put much sugar on the cereal served to children. Another good breakfast food is whole wheat, which has been cracked. Cooked in boiling salted water, and served with cream and sugar, cracked wheat is one of the most appetizing of breakfast cereals.

The cereal foods are an important part of our diet; in fact, the cereal foods, including bread, furnish one-fourth of the energy needed by the body. Bread is the commonest cereal food in this country. Well-baked bread, and thoroughly cooked breakfast cereals, with milk, should make up a large part of a child's diet. Bread can sometimes take the place of a cereal mush, and cereal mushes may take the place of bread, but of course neither one can take the place of milk, meat, eggs, fruits, and fresh vegetables, in the daily diet.

There are some other things I wanted to say about breakfasts - especially about serving them attractively, in pretty dishes, and on colored linens. Children who ordinarily do not have much appetite for breakfast often take a new interest in food if it's served in their own gay bowl, cup, and pitcher. Now that egg cup I mentioned -- but I simply must answer a question, and give you a recipe.

The question is -- I might as well read the letter:

"Dear Aunt Sammy: I wish you'd help me out with a clothing problem. I have very sloping shoulders, and it seems almost impossible for me to get a dress or a coat which is becoming around the neck and shoulders. Should I wear a collar, and if so, what kind?"

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Answer: A woman with very sloping shoulders looks better when she wears a collar. It should roll at the back, and have a good deal of width, in front. If the shoulders are very round, you can make them appear less so by wearing a collar with a point in the middle of the back. The point may extend to a deep V. Shawl effects will also conceal round shoulders. Very narrow shoulders will be made to appear wider by lines that run from the shoulder to a deep V. Broad collars also add width. Better not wear raglan sleeves, or pointed sleeves, if your shoulders are very narrow.

Some one asked me the other day which is more becoming on a wool dress - a cream-colored collar, or a white collar. A cream colored collar is usually more becoming, and less spotty in design, than a pure white one. Of course, a cream-colored collar is not used if the background of the dress requires white. Cream and ecru are often used, because they blend better with other colors. Plain colors are better for collars on figured material, because they emphasize the face, which is the natural center of interest.

The last question is from a listener who wants a recipe for Apple Chutney. Says she wants to use up some of the culls from the apple orchard.

Apple Chutney has lots of ingredients, but it's easy to make, and it surely is good.

Fourteen ingredients, for Apple Chutney:

3 lemons	1 tablespoon ground ginger
3 quarts chopped apples	1 teaspoon paprika
1 quart brown sugar	1 teaspoon salt
1 quart cider vinegar	2 chili peppers
1 quart dates, stoned and chopped	1 onion chopped
1 pint tarragon vinegar	Garlic, and
2 pounds sultana raisins	2 small cloves.

Let's check the 14 ingredients, for Apple Chutney: (Repeat ingredients).

Wash, pare, and core the apples. Chop them with the lemons, as the acid will help to keep the apples from turning dark. Remove the seeds from the chili peppers. Mix all the ingredients. Boil gently, until the apples are soft, and stir the mixture occasionally with a fork. Bottle the chutney while hot, and seal it.

That's all, till next Monday. I'll have another menu for you then.

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